

Healthy Eating in Native Country: **High Fiber**

FIBER is the part of food that cannot be broken down and used by the body. Therefore, FIBER goes through the body and comes out as stool. It is believed that the presence of FIBER in the food we eat is important for the health of the intestine and other organs. The average American diet has very small amounts of fiber in it. A High FIBER diet may help prevent diseases like Diabetes, Diverticulosis, Cancer of the Intestine, Obesity, Hemorrhoids and Heart Disease. Follow these tips for a HIGH-FIBER diet!

Eat more foods that come from Plants and less foods that come from Animals.

FIBER is found only in plant foods. There is NO FIBER in foods that come from animals, such as meats, milk and milk products and fish.

Examples of High FIBER Foods are:

Beans	Rice
Vegetables	Whole Grain Bread
Fruits	Noodles
Corn	Cereals
Split Peas	

But some plant foods have had most of the FIBER (and vitamins and minerals) removed to make it last longer on the supermarket shelf. Examples of these types of foods are: White Flour & White Bread, White Rice, Cream of Wheat, Yellow Cornmeal in a box and White Noodles.

To Increase FIBER in your diet, use

Brown Rice, Whole Wheat Flour,
Blue Cornmeal, Whole Wheat Bread
Potato with the Skin, Oatmeal, Bran

Cereal, Dried/Stewed fruit like
prunes, raisins, and apricots

Learn to read Ingredient Labels on Food Containers!

The first few ingredients are the ones that are used in the greatest amounts.

In bread and bread products, for Example; the first ingredient should read, "**Whole Wheat Flour**".

Beware of the words "enriched flour", "wheat flour" and "stone ground wheat flour", which are only other names for white flour and, thus, have a lower fiber content.

Experiment with adding more FIBER to the Foods you already know how to prepare!

For example, try substituting Whole Wheat Flour in tortillas, pancakes, bread and other products made with flour (Try half Whole Wheat and half White, first). Leave the skin on the Potatoes, when making a Potato dish.

Drink Plenty of Water Every Day!

Drink at least 8 cups every day!

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